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February 5, 2008

TURNING STRAIGHT?: 4 OUT OF 5 PROGRAM PARTICIPANTS REPORT REDUCTION IN UNWANTED HOMOSEXUAL ATTRACTIONS

CHARLOTTESVILLE, VA – Conventional wisdom that says homosexual attractions are always unchangeable was challenged again today by another study – this one showing that four out of five men who participated in a personal-growth weekend called Journey Into Manhood reported a decrease in unwanted homosexual attractions when surveyed between six months and five-and-a-half years later.

More than half reported an increase in heterosexual attractions since they participated in the weekend program presented by People Can Change, a non-profit, non-religious organization of men who have overcome unwanted same-sex attractions and who now support others who seek similar change.

Meanwhile, nine out of 10 reported a decrease in distress, shame or self-condemnation since they participated in the weekend program.

Journey Into Manhood is a 48-hour intensive personal-growth and self-discovery weekend for men who are intrinsically self-motivated and serious about resolving unwanted homosexual attractions. Participants are led through experiential processes such as journaling, visualizations, emotional release, and personal sharing. Each weekend involves about 30 participants and is led by men who have overcome unwanted homosexual attractions themselves. People Can Change has presented the Journey Into Manhood program in 11 states and two countries (the U.S. and England) since January 2002.

People Can Change queried almost 500 men who had participated in the program at least six months prior to taking the survey. More than 200 individuals responded to the survey – a response rate of 45 percent.

The survey found:

- **56 percent** reported experiencing “**significant**” same-sex attractions at the time they participated in the Journey Into Manhood weekend, but only **14 percent** said they experience “significant” same-sex attractions now.
- **79 percent** reported a **decrease** in the frequency or intensity of their **homosexual feelings** since the Journey Into Manhood weekend – including 31 percent reporting a significant decrease, 32 percent reporting a moderate decrease, and 16 percent reporting a small decrease. Six percent reported an increase.
- **58 percent** reported an **increase** in their **heterosexual attractions**.

– more –



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Reducing Unwanted Homosexuality

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- **73 percent** report a **decrease** in homosexual **behaviors**. Another 14 percent reported no change because they were not previously engaging in homosexual behaviors and still are not. Eight percent reported no change in that they continued the same degree of homosexual activity, while five percent reported an increase.
- Of those who were already married at the time they participated in Journey Into Manhood (80 respondents), **73 percent** said their marriages had **improved** since then.
- **93 percent** reported that Journey Into Manhood had a **positive impact** on their efforts to diminish same-sex attractions – including 54 percent who reported a “major” or “very major” impact.
- **90 percent** of participants reported **feeling better** about themselves.
- About **83 percent** said they are **happier**, more at peace, and have more and better male friendships.

A link to a more complete survey summary is available from the organization’s home page at www.peoplecanchange.com.

The survey results are consistent with the findings of other research confirming that some people with “ego dystonic” (unwanted or cognitively dissonant) homosexual attractions can and do sometimes experience a reduction in their homosexual feelings and an increase in their heterosexual attractions. For example:

- In September 2007, two psychologists published a book titled “Ex-Gays?: A Longitudinal Study of Religiously Mediated Change in Sexual Orientation.” The authors presented empirical evidence that change of homosexual orientation is possible for some through involvement in religious “ex-gay” ministries.
- In October 2003, Columbia University psychiatrist Dr. Robert Spitzer published a study of 200 men and women who claimed to have experienced a shift from homosexuality to heterosexuality. He concluded that, according to his stringent criteria, 19 percent had experienced complete change, and another 60 percent had experience substantial change.
- In 1997, the National Association of Research and Therapy of Homosexuality published a survey of 882 individuals who had elected to participate in sexual reorientation therapy or programs. They found that 66 percent considered themselves exclusively homosexual before participation but only 13 percent did after. And 32 percent described themselves as exclusively heterosexual after participation.

People Can Change is an independent non-profit, non-religious educational, outreach and support organization founded in Virginia in 2000. Its Web site is www.peoplecanchange.com and the organization can be reached at admin@peoplecanchange.com or 1-434-985-8551.

